



Newtown Senior Center Presents **LAUGH FOR THE HEALTH OF IT!**

Friday June 15 @ Noon

LUNCH & LEARN

Join Trevor Smith B.A. M.A. M. ED, CLL Founder of Blue Sky Consulting, a training and development organization from Springfield, MA. w/ Fifteen years of experience as a Therapeutic Recreation Specialists mental health practitioner.

What is Laughter Therapy?

- Laughter Therapy is a systematic, structured health promotion program that uses a combination of simple, empowering and tension releasing laughter exercises and actions combined with gentle breathing techniques in a supportive environment.
- Laughter is initially simulated as a physical exercise while maintaining eye contact with others in the group and promoting childlike playfulness. This leads to real and contagious laughter.
- Science has proved that we cannot differentiate between simulated and real laughter
- Laughter Therapy is the only method that allows adults to sustained hearty laughter without using cognitive thought.
- As a combination of physical and mental activities, Laughter Therapy is a powerful tool to reduce stress, promote group cohesion and trust, increase energy, burns calories, lower your blood pressure and heart rate and provide a superior cardiovascular workout.
- These exercises are appropriate and beneficial for all.
- A Laughter Therapy session begins with gentle warmup techniques which include stretching, chanting, clapping and body movement.
- Breathing exercises are used to prepare the lungs for laughter followed by a series of artificial forms of laughter exercises that combine the method of acting and visualization techniques with playfulness.

Learning Outcomes

At the conclusion of the program, participants will learn strategies to:

- Reduce daily stress to allow for greater productivity and efficiency
- Develop a positive attitude towards self and others (reduce hardening of the attitudes and foster flexible, open, creative thinking)
- Minimize anxiety and feelings of isolation
- Discover a new sense of mental balance and perspective
- Fosters trust, team collaboration and leadership

Discuss six principles of Good hearted living with group discussion

- The leader introduces the six principles
- The participants focus on one behavior at a time.
- The leader uses stories to illustrate meaning of each practice and to give the participants some idea of what kinds of behaviors/attitudes are included
- Introduce a few little tricks (exercises) that will help focus the mind on the mindfulness practices.

Sign up at front desk for reservations or Call 203-270-4310